HOME, GARDEN & CAR SECTION

See pages A2-A4



APRIL 19, 2023 • VOLUME 123, NO. 16

UPPER VALLEY NEWS SINCE 1904

SINGLE COPY \$1.00

Carl Haberberger is doing what he loves and students benefit



Marlene Farrell Correspondent

Twenty minutes into a Cascade High School (CHS) track practice, the athletes have dispersed to their specialties, leaving the largest packsprinters, jumpers, and hurdlerswith Coach Carl Haberberger, who wears other hats as head football coach and as teacher of Consumer and Family Science courses. The athletes are doing drills through an array of hurdles with precision and focus.

Haberberger is watching so they don't goof off. He calls out reminders now and then, not peppering them with too much information. As they hop one leg at a time over the hurdles, he says, "Work on that dorsiflexion," referring to flexing of the foot in an upward direction. Dorsiflexion, he explains, puts the foot in the proper position under the hip so the leg can act like a "loaded spring and pop off the track.'

After several rounds of drills, the teens head off to practice their events, and Haberberger stays with those that want to improve their use of the starting blocks for the 200 or 400. Being on the track and one-on-one coaching is the perfect counterpoint to hours spent in the classroom and an antidote to the occasional rough day. Before suggesting a change to the foot action off the block or to the straightness of the athlete's back as they start to run, Haberberger asks, "How did it feel?" so the athlete has time to reflect and grow their kinesthetic awareness as they move.

Haberberger alternates these technique-heavy but aerobically light practices with hard workouts like one the day before. He says the drills are important as they work on hip strength and flexibility, which

can prevent a lot of injury. He's excited to see that he's convinced some football players to come out for track, especially as sprinters and throwers. He doesn't favor one sport over another and loves variety, having himself competed in multiple sportsfootball and track mostly, but also Nordic skiing-in his youth and coaching all three today.

"I love coaching the different sports and I believe, philosophically speaking, being a multiple sport athlete is the better route," said Haberberger. "You don't need to have the same reason or passion for participating in each sport. One sport may promote better mental health while another might have physiological benefits. For example, I get to share the camaraderie and family aspect of football, see the universal value of hard work in track, and feel an appreciation for the outdoors with cross country skiing."

This is Haberberger's second year at CHS, and prior to that he taught and coached for nearly two decades in the Wenatchee School District, teaching sixth grade and then eighth grade language arts. He credits that time to honing his teacher toolkit, saying, "Middle school teachers work really hard to make learning relevant, and middle schoolers still don't care. If you can get a middle schooler to learn something, you can get anybody to learn something, no matter the subject."

He's not afraid of change and happy to be in the Cascade School District (CSD) where his wife, Sia, works as a seventh grade math teacher and his children go to school. "When it came to applying at Cascade, I knew teaching something totally new at the high school level was risky, but it was also an opportunity I couldn't pass up, and I am so glad I went for it." he said.

"Culinary is a great class. Some kids can't even boil water so there's a lot to learn there. I like the kids that sign up for the Early Childhood Development class and with my experience over the years as a teacher, coach, and father there is plenty of opportunity to get into Q&A storytelling mode.

"Living Skills is the third course I teach and is most like the 'Home Ec' we took as kids. The biggest difference is the focus on 21st century skills. We still learn how to sew a button, but we don't spend weeks on stitching because the workforce is changing. You don't just do your job by yourself anymore; the focus is on working with others. Soft skills such as communication, empathy, and organization are what employers value these days, so I try to put students in situations where they have to practice working together."

Haberberger has plugged into several channels at CSD and in the Upper Valley community in part because he grew up here and knows it so well. "It's hard to imagine someplace better than growing up in Leavenworth. My friends and I owned the ski hill (and Steven's for that matter), we pioneered the skidder trails down Derby, and



Carl Haberberger

surfed the rapids at Barn Beach. During summer, if I wasn't in the river, I was on some wild hike with my dad."

Now that he's taken the reins as head football coach, Haberberger would love to see football, including the pipeline from the youth and middle school programs, grow. What makes some kids nervous is the physicality of tackling and so he puts a lot of emphasis on tackling so athletes can do it confidently and safely. If more soccer players came out for football instead of doing yearround soccer, he envisions their nonverbal communication on the field could translate to great zone defense. He welcomes older athletes new to football because each position requires different skills, and each body type has a role.

CHS is fortunate to have teachers like Haberberger who have the passion, skill and dedication to impact students in multiple arenas. "In season, I'll work 60-to-70-hour weeks," he admits. "But to be honest, that's what I'm used to. I've either been an athlete or a coach since seventh grade. It's crazy to think about, but I've been practicing football or track after school for the past 32 years. The nice thing is each sport season is a bit different.'

Haberberger went on, saying, 'Coaching was the reason I wanted to be a teacher. Many of my favorite teachers were coaches. The relationships developed were just at a deeper level; there was more trust there. I'm not sure about the actual statistics, but the Cascade teachers/ coaches of the late 90's unknowingly influenced a whole lot of us to become educators. They were having fun and that was appealing.

"I love to see kids involved in school activities. So many of them choose to work now, and school culture has taken a hit. My goal as a teacher and coach at Cascade is to get back to that sense of community."





Justin Pardini Reporter

The Leavenworth City Council met for their biweekly regular meeting on Tuesday, April 11 in City Hall. The meeting began with discussion of the Affordable Housing Grant Agreement for Upper Valley MEND. Earlier this year, the Council voted to ask to receive a grant of \$600,000 for 31 affordable housing units around this city. Funds from the city will be used to obtain four of the units to service them for families that earn no more than 120% of the average area income. The Council was asked to approve this agreement which would include a deed of trust and declaration of covenants, conditions, and restrictions in order to keep the specific units within this margin of affordability. They are being used to become a section that is specifically for families with earnings no more than 120% on average and will take place towards the end of this year. The Council also opened conversation about a Professional Services agreement of Gray & Osborne for on-call engineering services. The agreement will cover general engineering services for the city and items related to Public Works. This discussion revolved around increasing the original do not exceed limit of funds from \$38,000 to \$108,000. This \$70,000 increase will allow for these services to be utilized for more city public works needs and will help support the ongoing projects taking

Rep. Keith Goehner's Legislative Update: Budget time in Olympia, the latest on two key public safety issues, and capital gains tax ruling



Friends and Neighbors,

The cherry trees are in bloom on the Capitol Campus in Olympia, and that usually means it is budget time in the legislative session. Recently all three House budgets - operating, transportation and capital - have been unveiled, gone through the public

hearing process and been voted out of their respective committees. The full House of Representatives took action on the transportation and operating budgets late Monday, April 3.

I wanted to let you know where we stand in the budget process and provide an update on the two critical public safety measures we are tracking this session, as well as some information on the state Supreme Court's capital gains tax ruling.

Operating budget

The 2023-25 House operating budget proposal would increase spending by \$6 billion over current spending levels which would push the budget to more than \$70 billion. As you can see by the chart below, the operating budget has more than doubled since 2011-13. when the state operating budget was just over \$30 billion.

State Spending by Biennium

The House spending proposal would allocate money to fund about 1,500 new or expanded programs, that in addition to other general fund ongoing programs. It would only leave \$2.1 billion in the rainy-day fund by the end of the four-year outlook period, which is less than the state treasurer's minimum target of 10% of annual revenues.

Although there are many worthwhile programs in the operating budget, it is irresponsible for us to commit to such massive spending at this time. If anything, we should be providing tax relief to our citizens like we see so many other states doing. The operating spending plan passed the House on a party-line vote of 57-40.

Transportation budget

Although the transportation budget process was more bipartisan than in years past, we would have approached things differently including our priorities and how we would have allocated resources.

The proposal spends about \$13.2 billion, including \$646 million for the Washington State Patrol with money to help trooper recruitment and retention. It also gets some of the major Connecting Washington projects back on track that the governor had pushed out or postponed in his budget. The House transportation budget did pass by a vote of 97-1.

Capital budget

We have not voted on the House capital budget proposal, but I can assure you it is another strong, bipartisan capital spending plan. My seatmate, Rep. Mike Steele, was once again the lead negotiator for House Republicans. Colleagues on both sides of the aisle have high praise for the spending plan that appropriates \$8.34 billion, \$4.18 billion of which is from the sale of newly authorized, general obligation bonds. The remaining \$4.15 billion is comprised of a combination of reversion of previously authorized bonds, other dedicated funding sources, and federal funds.

It invests in immediate needs and priority issues in Washington state including \$175 million for the 12th District for projects such as:

• \$45 million for The Center for

Continued to page A7

place within the town.

Next on the docket for the Council was the Wastewater Treatment Plant capacity analysis. This project was originally set to remove the phosphorus from the water coming from the Wenatchee River in order to create a cleaner and more sustainable water supply. An analysis is wanted to get a head start on figuring out the treatment and updates needed for the wastewater management system. The last capacity analysis took place in 2000, which makes this all the more important. It's critical to consistently complete these analyses to ensure the quality of wastewater treatment that is taking place. The Public Works department has made it a priority to change their viewpoint from reactive to proactive, and by jump-starting this analysis process, it will allow for a head start in obtaining knowledge for the betterment of the city's wastewater treatment facility.

With the help of Gray & Osborne, the Public Works department will be able to determine the remaining available capacity which will give way to understanding the budgets and funds needed going forward. This matter was approved unanimously by the Council and will prove to be a very important notion for the city of Leavenworth. Moving into reports from council members, there was discussion about increasing the wage rates for lifeguards at the community pool. It is important to have lifeguards on duty during the warm summer months and the Council made a point of recognizing the necessary work done by these lifeguards. The Loft's new design process is advancing and there were points to figure something out for the side facing

Continued to page A7



State Spending by Biennium

NGFO-O dollars in billions





Arbor Day Plants

SUBMITTED BY BONNIE ORR

The Greater Wenatchee Committee Arbor Day that announces the distribution for donation will take place on Saturday, April 22. at the following locations: **East Wenatchee City**

Hall: 271 NE 9 St. from 9 noon. Entiat City Hall: 14070

Kinzel St. from 9 - noon. Cashmere at Martin's Marketplace from 9 - noon. Wenatchee - Pybus Market from 10 - 2 p.m. Suggested donation is \$3.

Quick 'n Easy **Residential Stump Removal** STUMPS UNLIMITED 10817 North Road, Leavenworth · (509) 548-8222 Kim & Rosalie Kozelisky icensed, Bonded, Insured · Cont. #UPPERVE200PI LIC#MOONLSW791JM



Please bring your own bags. For questions contact Bonnie Orr at bonnieevelyn@nwi. net.

Available plants:

Mallow Ninebark, Physocarpus malvaceus, is a small, native shrub with rounded clusters of fragrant, white flowers and peeling bark. It can reach 6 feet tall and 5 feet wide at maturity and can form dense thickets. The thick growth also makes it a possibility for the outer rows of multiple row windbreaks. This drought tolerant shrub has brownish-red leaves in fall color. It grows fast in part shade and provides food and cover for wildlife. It is a fireresistant shrub.

Serviceberry, Almelanchier alnifolia is native shrub also called Juneberry, Shadblow, Sarvisberry, Saskatoon Serviceberry and Amelanchier. Serviceberrry is a deciduous shrub or small tree, growing moderately to about 20'. In early spring, it has drooping white or pinkish flowers that fade rapidly. It produces purple, edible fruits. The new foliage is purple and the fall color is red. Plants are extremely cold-hardy and drought resistant once established and ideal for exterior rows of multiple row windbreaks. The plant provides cover and food for wildlife including pollinators. Common Purple Lilac,

Syringa vulgaris, has a moderate growth rate and reaches 10-15' in height and 12 feet in width if not pruned. Its dense growth and adaptability to a wide range of environments make it an excellent choice for outer rows of windbreaks. It produces large, fragrant blossoms in spring. Lilacs do well on alkaline or acidic soils, are highly resistant to drought and cold and are very long lived. Important for habitat and pollinators.

Rocky Mountain Juniper, Juniperus scopulorum, a native tree attains heights of 20 to 30 feet and up to 15 feet wide with a medium to rapid growth rate. Although highly drought tolerant, rocky mountain juniper grows on a wide range of soils and will tolerate a highwater table. It forms a very dense, symmetrical crown and is a superior small tree for windbreaks in this region. In winter, it changes color from shades of gray to purple, gray. It provides fruit and shelter for wildlife.

GREEN LIVING: Protecting Your Items – and the Earth – When Moving

(StatePoint) Moving is a big job – and it can be a wasteful one, too, considering all of the packing material required. Make moving more sustainable with these ecofriendly tips:

Space Saving: Using thinner sustainable wrapping to secure your breakables avoids the need for excess storage and boxes. Flourish Brand Honeycomb Cushion Wrap, made with 40% recycled content, offers a customizable way to pack boxes efficiently. The die-cut honeycomb stretches easily with interlocking paper

that attaches to itself, so no tape is needed. Once you unpack, the paper can be directly recycled, or stored to be reused.

Folding In: Instead of using tape, fold your box tops in an interlocked, neat manner. They'll stack up easily inside your vehicle, maximizing packing space, plus you won't need to use any additional materials. Unpack your items without tearing or ripping your box, then recycle or fold it flat to store for future use.

Stacking Up: Ensure your plates and serving ware stay scratch-free by using a protective layer between each item. Made of recycled content, Flourish Brand 100% Recycled Kraft Paper provides lasting security for traveling to your new home.

Blanketed: Oversized or uniquely shaped home décor can be exceptionally fragile and isn't always easy to squeeze into standard storage containers. When packing your vehicle, incorporate padding by wrapping these items in spare blankets, comforters, or oversized towels. You'll minimize the risk of damage to the items and have zero waste.

Practice Being a "Master Backyarder" this Earth Day



they use the outdoors for all sorts of activities like dining, entertaining, working and even vacationing. For humans, back yarding benefits include lower stress, increased happiness, and improved memory. For the health of the planet, green space captures carbon, produces oxygen, and prevents runoff.

Watch Lucky Dog on CBS for inspiration. Master backyarders aren't too proud to take their back yarding cues from their furry friends. Afterall, no one loves and appreciates yards and green spaces more than dogs. On Earth Day, the TurfMutt Foundation will be featured on the CBS show Lucky Dog. This episode highlights the Mulligan's Mutt Madness pet adoption event at Equip Exposition, which helps rescue dogs find forever homes. Watch Lucky Dog on Earth Day to get inspired to create the yard of your - and your dog's - dreams.

For more information, sign up for Mutt Mail, a monthly e-newsletter with backyarding tips and all the news from the TurfMutt Foundation here. To learn more about creating the yard of your dreams, visit TurfMutt.com. Look for Mulligan the TurfMutt on Lucky Dog. Download the International Back yarding Fact Book from https://www. turfmutt.com/information/, to learn why spending time in our yards and community parks is good for us and the planet.

POWDER COATING & METAL PABRICATION

FAB SHOP FINISH

CNC Cutting, Fabrication, Sandblasting, and Powder Coating



cascadepowdercoating.com 509-663-9080 | 11 Bridge St, Wenatchee

The Floor Factory is... FlooringAmerica. where friends send friends**

13 S Wenatchee Ave Wenatchee, WA 98801







www.thefloorfactory.com · (509)662-1421



PHOTO COURTESY TURFMUTT FOUNDATION President and CEO Kris Kiser's dog Mulligan

Alexandria, Va. - The TurfMutt Foundation, which advocates for the care and use of our backyards, community parks, and other green spaces, says Earth Day (April 22) is the perfect time to practice being a master backyarder. "Backyarding" is the act of taking activities that we normally do inside, out to our yards and parks. Master backyarders elevate back yarding, using their personal and community green space for everything from working and exercising to entertaining and relaxing.

"Master backyarders also understand the benefits of our yards and other community green spaces to the environment," explains Kris Kiser, president, and CEO of the TurfMutt Foundation. "Every day is Earth Day for master backyarders. They plant for pollinators, know to put the right plant in the right place, and recognize their backyard as an important part of the connected ecosystem."

This year, the TurfMutt Foundation encourages everyone to use Earth Day as

Complete Excavating Service

Drainfield Repair Free Estimates Septic Systems **Road Grading**

(509) 548-3489

an opportunity to practice being a master backyarder. Here are a few ways to do just that:

 Remember the "Golden Rule" of Backyarding: Right plant, right place. Putting the right plant in the right place is the key to successful master backyarding. It goes beyond identifying plants that will do better in sun versus shade. Master backvarders select plants that will thrive in their climate zone and work to create a backyard that supports their family's lifestyle. To learn more about selecting the right plants for your yard, refer to the USDA's Plant Hardiness Zone Map.

Plant with pollinators in mind. Master backyarders understand that our yards and community parks are an important part of the connected ecosystem, providing food and shelter for pollinators. They plant with birds, bees, butterflies, bats, and other creatures in mind.

Water wisely. After getting their new plants started, master backyarders only water when necessary. They install watering solutions

– like smart controllers on irrigation systems - to help use water efficiently while maintaining a living landscape. They remember that over-watered grass gets lazy, growing roots in a horizontal pattern. But with less water, grass sends its roots deeper - vertically seeking water. By working harder, grass does a better job performing its environmental superpowers like sequestering carbon and releasing oxygen.

Bone up on backyard benefits. Master backyarders are tuned into the many benefits of spending time in backyards and community parks, and

About the TurfMutt

Foundation: TurfMutt was created by the Outdoor Power Equipment Institute's (OPEI) TurfMutt Foundation and has reached more than 70 million children, educators and families since 2009. Championed by Foundation spokesdog, Mulligan the *TurfMutt*, and through education partners such as Weekly Reader, Discovery Education and Scholastic, *TurfMutt has taught students* and teachers how to "save the planet, one yard at a time." Today, TurfMutt is an official USGBC ® Education Partner and part of their global LEARNING LAB. TurfMutt has been an education resource at the U.S. Department of Education's Green Ribbon Schools, the U.S. Department of Energy, the U.S. Environmental Protection Agency, Green Apple, the Center for Green Schools, the Outdoors Alliance for Kids, the National Energy Education Development (NEED) project, Climate Change Live, Petfinder and the U.S. Fish and Wildlife Service. In 2017, the TurfMutt animated video series won the coveted Cynopsis Kids Imagination Award for Best Interstitial Series. TurfMutt's personal, home habitat was featured in the 2017-2020 Wildlife Habitat Council calendars. More information at TurfMutt.com. Media contacts: Ami Neiberger, Four Leaf PR on behalf of OPEI, 703-887-4877,

ami@fourleafpr.comDebbi Mayster, Four Leaf PR on behalf of OPEI, 240-988-6243, debbi@fourleafpr.com





Now is the Time to Prep Your Lawn and Garden for Warm Weather

(StatePoint) It may feel like warm weather is still a ways off, but you should already be getting your lawn and garden spring-ready, according to experts. "One thing I don't think people realize is that to get your grass, shrubs and other plants looking good in the spring...all that preparation starts right now," says Major League Fishing bass pro, Brian Latimer, or "Blat" as he is known by fans. To help homeowners prep for spring, Latimer has partnered with lawn care equipment

manufacturer, Exmark, to offer his four, go-to tips:

1. Pull Those Weeds. According to Latimer, the most important step in prepping your lawn and garden for spring is weeding. "I have a zero-tolerance policy when it comes to weeds," he says. "Watch those sneaky weeds growing in your shrubs and ground covers, because those are going to be the first ones that show their heads in the spring.'

While weeding isn't the most fun you can have in your yard, it's worth the effort.

Latimer also recommends putting a pre-emergent out now while cool-season weeds germinate. This is especially important if you have warmseason grass. While you can use pre-emergent on your planting beds as well, he recommends hand-pulling them if you can.

2. Tidy up with Selective Pruning. Pruning will make your shrubs look nice and tidy; however, Latimer recommends being careful in your efforts, avoiding plants that are budding. Pruning buds will keep

your flowers from being as prolific in the springtime. You can check for buds by combing your hands through the foliage.

3. Get Rid of Pests. Certain spring pests should be treated for in the colder months. Latimer is especially wary of fire ants, as they're one of the most active lawn pests in spring. Treating them early will minimize their activity and mitigate potential problems they cause when the weather warms up. "I can promise you they are

going to be everywhere in warm weather, so treat them now," he says.

Get Those Leaves up. Latimer knows that leaf blowing or raking is timeconsuming, but he says that getting fallen leaves off the ground is essential. Not only are leaves on your lawn an eyesore, but they can also keep a lot of excess moisture from winter rain, snow and ice stuck in your soil. This creates the potential for root rot, active pests, and germinating weeds. Latimer offers more insights in "4

power matters, so preserve

those Babe Ruths as opposed to

images of your great grandma's

baby cousin once removed.

And when it comes to photos,

look for old markings on the

back, such as photographer,

Memorabilia

Set aside old advertising

posters depicting sports stars

and food, tobacco, or sporting

goods brands. Ads from

publication, and date stamps.

Tips to Prep Your Backyard for Spring," a recent video from Exmark. To watch the video, visit Backyard Life, which is part of a unique multimedia destination with a focus on helping homeowners make the most of outdoor spaces. There you can also download additional tips and view other Exmark videos.

There's no time like the present to plan for the future. With these great tips in mind, it's time to brave the brisk weather and get your lawn and garden prepped for spring.

Spring Cleaning: Don't Toss That 'Junk,' It May Be Valuable!

hit the garage, basement, attic, and closets for that age-old task of spring cleaning! Before hauling unwanted possessions to the curb, you may be surprised to learn they might be valuable -- especially if you have sports cards and memorabilia gathering dust.

With prices of sports cards rising in recent years, take time to determine if yours are valuable and how to best sell them.

"Older sports cards and memorabilia aren't just highly collectible; they can be worth lots of money. Recent sales of scarce vintage cards have topped anywhere from thousands of dollars to tens of thousands, even hundreds of thousands. "And really rare cards can go higher," says Al Crisafulli, Auction Director at Love of the Game Auctions, an internet sports auction house

(StatePoint) It's time to that helps families identify and sell valuable items. Crisafulli has assisted people in selling such keepsakes as a grandparent's autograph collection and an uncle's childhood baseball cards, for tens of thousands of dollars. In one life-changing event, he helped a family determine that a baseball bat that spent decades protecting their home was used by Hall of Famer Lou Gehrig -- and Love of the Game Auctions sold it for almost half a million dollars. Today, that bat could bring more than a million dollars.

> The key is understanding what makes old sports collectibles valuable. To help, Crisafulli is sharing some tips:

Older is Usually Pricier

Cards from the 1960s and earlier are collectible, and those from before the 1940s

can be worth a lot of money, especially those depicting stars. Do you have cards of Hall of Famers, such as Mickey Mantle, Babe Ruth, Honus Wagner or Ty Cobb? Even non-stars from the early days of a sport can be worth big bucks, especially if the cards have no creases and retain sharp corners and original gloss. If you have very old cards from the 1880s through the 1930s, look for tobacco, gum, and candy brands, such as Old Judge, Piedmont, Sweet Caporal, Goudey or American Caramel. If you want to sell sports items for the most money, consider a specialty auction, such as Love of the Game, which has the expertise to properly research sports ephemera and maintains bidder lists of collectors specializing in sports. More information is available at loveofthegameauctions.com.



4.

Postcards and Photographs

We all have keepsakes of vacation destinations, but most aren't valuable. However. photographs and postcards depicting sports stars and ballparks can be significant. Look for early "real photo" postcards from the 1900s through the 1940s, which are photographs printed on postcard backs.

As with sports cards, star

magazines aren't valuable, but those used as store displays and for other marketing purposes can be pricey. Tin signs from the 1960s and earlier can be highly prized, but reproductions aren't.

Your family's sporting goods, such as balls, gloves, and bats, can be valuable. Pre-1950s uniforms and catcher's masks, helmets and other equipment are highly collected, especially when endorsed by star players. Top condition brings the highest prices, but even used equipment can be valuable.

"The golden rule is the older the sports card or item, the more valuable it usually is. Pre-1975 pieces start to get interesting and are worth researching," says Crisafulli.

Don't just clean out your "junk" this spring, examine it closely to potentially maximize its value.



THE LEAVENWORTH ECHO • APRIL 19, 2023



water rights, easements, and purchases and sales.





WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMOSIS, SULFUR, WHOLE HOUSE FILTERS, PREVENTATIVE MAINTENANCE, SERVICE, SALT SALES



4 Misconceptions Homeowners Have **About Floods**

HOME, GARDEN & CAR

(StatePoint) Many people look forward to spring when the weather warms up and flowers start to bloom, but it also marks the start of the peak time of year for flash flooding in the United States. According to NOAA, 75% of flash floods happen between late April and mid-September. And while you may not want to think about it, when water backs up and overflows, it generally goes where it doesn't belong and can cause serious damage to your home.

Unfortunately, many homeowners have misconceptions about floods, leaving them unprepared. Here are four of the biggest myths:

1. Homeowners insurance policies cover flood damage. A typical homeowners policy covers water damage from a sink or bathtub overflowing but won't help with flood damage caused by storms – something many homeowners only discover after it's too late. However, some insurance companies

offer coverage to help fill the gaps, so you don't have to pay out of pocket for repairs and replacements. For example, Erie Insurance now offers Extended Water coverage, which covers damage caused not only by natural disasters. but also by sewer and drain backups.

2. Only people who live in flood plains need flood insurance. A national survey commissioned by Erie Insurance found that 53% of homeowners think only people who live in high-risk flood zones should buy flood insurance. However, 25% of flood claims are filed by people who live outside those areas. Additionally, FEMA says floodwater only needs to get a mere 3 inches high to make it likely that you'd need to replace drywall and baseboards.

3. There's nothing you can do to prevent flood damage. Nothing is foolproof, but there are ways to protect your home from water



along with a battery backup

and regularly test it. Improve

drainage around your home

by clearing leaves and debris

from gutters, storm drains

and downspouts. You can also

install water sensors to alert

you of water or leaks within

vour home. If a storm is on

the way, plan ahead by placing

valuables and sentimental

items into plastic storage bins,

moving items off the floor

(especially if they are stored in

basements and lower levels of

a home) and by making a home

inventory. A list of all your

personal possessions, along

with their estimated values,

will help if you need to file an

Insurance

only help you after an

incident. Many homeowners

don't realize they may be able

to get reimbursed for taking

steps to protect their homes

when flooding is imminent. As

one example, under certain

circumstances Erie Insurance

can

insurance claim.

4.

damage. Install a sump pump will reimburse homeowners up

to \$10,000 for materials such as sandbags and the sand to fill them, fill for temporary levees, pumps or plastic sheeting and lumber used with these items, as well as labor.

"We encourage homeowners to not underestimate the risk of flooding, and to be aware of the significant amount of damage that even a small amount of water can cause," said Michelle Tennant, vice president of product management, Erie Insurance. "Talk to your independent insurance agent about your home and your neighborhood to make sure you have the coverage that's right for you." To learn more about

protecting your home from floods, visit erieinsurance. com/extended-water.

Life is unpredictable. So is weather. But one thing is certain: if it can rain (or snow), it can flood. Make sure you're protected with the right type of insurance.

Research Shows New Car Safety Features Can Help with Crash Reduction

(StatePoint) At a time when highway fatalities are on the rise, new research shows that the widespread adoption of the latest vehicle safety features could mean fewer crashes and safer roads. However, it could be a while before we see the full benefits of these advancements.

"With drivers holding onto their vehicles for 10 years or more, it could take many years before the fleet fully turns over," says Rini Sherony, senior principal engineer, Toyota Collaborative Safety Research Center. But what if every vehicle on the road was fully equipped with crashprevention features? And how do engineers identify which

Tech teamed up to research the potential benefits that different safety systems have in various crash scenarios.

The team took real-world crashes and reconstructed the data, performing multiple crash simulations. They started modeling with more traditional "passive" safety features, like the latest vehicle structures, and extended their work to include such technologies as automatic emergency braking, lane-keeping assistance, blindspot warning, etc. Assuming full deployment and optimal activation of safety features, such as those that were modeled, their research showed that over half of all U.S. crashes could be avoided and nearly 60%

to still occur even if these safety features were deployed. The research center has made the study's data, found at toyota.com/CSRC, publicly available so that automakers, policymakers, technology research universities and tech companies can work together to continue to make safety gains and fill the crash prevention gap.

"While drivers can't avoid every danger on the road, our research shows that safety systems have the potential to be very effective in reducing the risk and severity of crashes," says Sherony. "It's important to know that most automakers offer features like lane departure warning, automatic emergency braking, audio warnings and steering assist (often with additional functionality). When you search for your next car, consider these features, even possibly opting for those that do not come standardequipped. We hope that as drivers continue to adopt and use such technologies, we will be able to realize more of the accident mitigation and prevention benefits that they can offer, resulting in safer roads for everybody.'



Sold and erected by an independent, locally owned builder



509-884-0555 www.westernbuildings.com 1107 Walia Walia Avenue Wenatchee, WA 98801

RESIDENTIAL • COMMERCIAL • INDUSTRIAL • AGRICULTURAL

new vehicle safety features to prioritize next? To find out, Toyota Collaborative Safety Research Center and Virginia

Agent

301 Aplets Way

Cashmere, WA 98815

Bus: 509-782-1659

of moderate to serious injuries could be mitigated. At the same time, the research also identified what types of crashes are likely

SAVE BIG with **Auto Insurance Discounts**



Bruce G Cheadle, State Farm

Helpful. Honest. Affordable.

bruce.cheadle.gd02@statefarm.com

- Fast, friendly, competent
- 30+ yrs experience as a technician serving all your automotive needs
- Latest in maintenance, diagnostics & repairs for all makes & models
- Technicians on hand
- Se habla Español



Local,

Regional

News &

Events

Community

Community

Leavenworth

Programs

Gracie.

Leavenworth Library

Join us for Storytimes,

with stories, songs, and fun, at

the Leavenworth Library on

Fridays at 10:15 -10:45 a.m. for

Baby Laptime with Amy. 11-

Noon for Preschool Storytimes

with Gracie. 3:15-4 p.m. for

Community Storytime chapters

in the Fireside Room with

Trivia Night on Thursday,

April 20, 4 - 6 pm. Bring

your family, friends or join

a team for a spirited Trivia

Downtown Steering

meet in the Council

(4th Tues.)

Chambers and Zoom.

Housing Committee, Public

Safety Committee, Finance

Committee: No meetings,

reports are in Council packets.

police and fire representatives

speak at the beginning of the

meeting. (4th Tues.)

Committee, 10 a.m.,

- Want to place Your Community News Online? Go to NCWMARKET.COM 24/7
- 둘 Garage and Yard Sale Ads are paid events, please email:
- classifieds@leavenworthecho.com or place online at NCWMARKET.COM
- 🍗 For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com
- Scashmere: 509-782-3781, email: reporter@leavenworthecho.com

THE LEAVENWORTH

COMMUNITY

BULLETIN

BOARD

© 2023 NCW Media, Inc. PO Box 39 Leavenworth, WA 98826-0039 Phone: 509-548-5286 Fax: 509-548-4789

website: www.ncwmarket.com www.leavenworthecho.com e-mail:

Reporter@leavenworthecho.com

Publisher

Carol Forhan • 509-548-5286 publisher@leavenworthecho.com Bill Forhan publisher ex officio

Reporter/Photographer

Justin Pardini Justinpardini@gmail.com Reporter@leavenworthecho.com Reporter@cashmerevalleyrecord.com

Advertising Sales Manager Carol Forhan 509-548-5286 • Ext. 1002 carol@leavenworthecho.com

Creative Services

Carol@leavenworthecho.com

Front Office

Classified / Legal Notices Obituaries/Memorials

Classifieds@leavenworthecho.com Online ads at NCWMARKET.COM

Circulation for all NCW Media, Inc. newspapers. 1-509-293-6780

circulation@lakechelanmirror.com

DEADLINES:

Calendar Listings:	Noon, Friday
News Submissions:	Noon, Friday
Letters to the Editor:	Noon, Friday
Display Advertising:	Noon, Friday
Legal Notices:	Noon, Friday
Classified Ads:	Noon, Friday

SUBSCRIPTIONS:

0.00
0.00
0.00

The Leavenworth Echo does not re fund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization. 1-509-293-6780

SERVICES:

Back Issues are available up to one year after publication for a fee.

COMMUNITY CALENDAR

Wednesday

Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292 Alpine Water District: meets at the Lake Wenatchee Fire

Nny non-profit 501(c)-(3) group, person(s).

╊ Must provide: full name, city, phone number.

b Items pertaining to local events that are free or minimum charge.

- and Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935. Senior Center: Lunch, noon, \$8 per meal. RSVP 509-548-6666
 - Ukulele Circle: 5:30- 6:30 p.m. every Wednesday at the Peshastin Library. Please come 15 minutes early to tune and get sheet music.

Thursday

- Leavenworth Chamber of Commerce, 8 a.m. Call Chamber, 509-548-5807. Everyone is invited to attend as a guest. Email Troy@leavenworth.org for meeting informa-
- tion. (1st & 3rd Thurs.) Leavenworth Lions Club, For more info. President Steve Alford, 509-548-4505, or leavenworthlionsclubwa@ gmail.com
- Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)
- The Wenatchee Valley Doll Club, 11:30 a.m. Call
- Yvonne, 509-663-7991. (2nd Thurs.) Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)
- Greater Leavenworth Museum board meeting 3-5 p.m. Everyone is invited as a guest contact: Matt@leavenworthmuseum.org for meeting information. (2nd Thurs.) Senior Center: Exercise: 11 a.m.- noon. 509-548-6666. Music, call Steve, 509-548-7048. 1 p.m., (1st & 3rd Thurs.)

Friday

- Veteran Service Office: For information contact Tony Sandoval, 509-664-6801 or email: Tony.Sandoval@ co.chelan.wa.us
- Leavenworth Rotary Club, In person at Kristalls at Noon, email wordenmike@yahoo.com or call 509-238-3925 for more information.
- Senior Center: Bingo 6 p.m. Call 509-548-6666. Facebook & website: Leavenworthseniors@gmail.com

Monday

- Upper Valley Free Clinic, open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30 -8:00 p.m. Call Terri 509-393-8271 for more information.
- Leavenworth Mosquito District board meeting on, 1st and 3rd Mondays, 7 p.m. via ZOOM link posted at https:// leavenworthmosquitocontrol.org/activity-calendar.html or contact Jenny 509-548-5904
- Cascade School board meetings, 7 p.m., Agenda can be found at https://www.cascadesd.org/Page/166. (2nd &
- Chelan Douglas Republican Women, Monthly meeting and luncheon 1st Monday of the month (unless it's a holi-day). \$21. for lunch, \$8. for sitting only. 11 a.m. check in starts, noon for meeting and speaker. Wenatchee Conven-tion Center 121 N. Wenatchee Ave. For information and reservations, please call, Angela Dye, President, 509-668-1105 (1st Mon.)

Tuesday

- Peshastin Water District, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.) Icicle & Peshastin Irrigation Districts Meeting Current
- meeting time is 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.ipid@nwi. net (2nd Tues
- Cascade Medical Board Meeting, 9 a.m. Call Cascade
- Medical, 509-548-5815. (4th Tues.) Cascade Education Foundation. Contact: CEF@cascade.org LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st. Tues.
- Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leaveworthma-

Art Class for Adults including Gelli Printing. Registration is required online at www. ncwlibraries.org/Leavenworth. Tuesday, May 2, 6 - 8 p.m. If class fills, join the waiting list for a future class.

Competition for all age levels.

Meet the Beekeeper: Hives and Swarms. Learn how to nurture bees in your backyard, how to deal with swarms, and how "No Mow May" has benefits for insect habitats with Emily Harbury. Saturday, May 6, Noon-1 p.m. in the library.

"Migration" bird-inspired art show in May. Submissions of art, sculpture or writing are welcome

> City Council Study **Session:** 5:30 p.m. City Hall Council Chambers, (2nd Floor) and Zoom. (2nd & 4th Tues.)

- City Council Evening Meeting: 7 p.m., City Hall in Council Chambers, and Zoom. (2nd & 4th Tues.)
- **Planning Commission: 7** p.m., Council Chambers and Zoom. (1st Wed.)

until April 29. Questions: 509-548-7923 or Leavenworth@ ncwlibraries.org.

A5

Regional

The Cascadia **Conservation District**

Regular Board meeting will be an in person and call-in / Zoom meeting, held on Friday, April 21, 1:30 p.m. If you wish to attend in person, please call the office as space is limited. More information and instructions will be available on our web site at cascadiacd.org or by calling the District office, 509-436-1601.

- PRSA Meetings: 3 p.m., City Hall Conference Room (Upstairs) (2nd Wed.), every other month (May, July, Sept., Nov., Jan., and Mar.).
- Design Review Board: 3 p.m., meets in the Council Chambers and on Zoom. (2nd & 4th Wed.) **Parking Advisory Committee:**
- 4 p.m., meet In the City Hall Conference Room and on Zoom. (3rd Thurs.)

Sheriff/Fire/EMS

The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.

April 7

- 06:43 Court Order Violation, 34013 Stevens Rd., Stevens
- Pass area 07:12 911-call, 13855 US Hwy. 2, Tumwater Drainage
- 07:59 911-call, 9189 Anderson Canyon Rd., Peshastin
- 11:11 Harassment/ Threat, 87 Headwater Ln., Lake Wenatchee
- 11:20 Public Assist, 34013 Stevens Rd., Lake Wenatchee
- 11:24 Suicide Threat, Coles Corner area, Lake Wenatchee
- 14:01 Miscellaneous, 800 block Front St. 15:22 Civil Dispute, 2467 Salal
- Dr., Lake Wenatchee 15:58 Parking/ Abandoned Ve-
- hicle, 15000 block N. Shore Dr., Lake Wenatchee
- 16:07 Suspicious Circumstance. 980 US Hwy. 2, Cashmere Valley Bank
- 16:30 Non-injury Accident, Front St., and US Hwy. 2
- 18:22 Traffic Offense, Leavenworth Ski Hill

- **Commercial Streets** 21:55 Traffic Offense, 1329 US Hwy. 2. Dan's Food Market 22:24 Disturbance, 213 9th St.,
 - Post Office Saloon

17:41 Welfare Check, 12th, and

April 9

- 09:47 Public Assist, 116 River Bend Dr., Safeway
- 12:05 Vehicle Prowl, Fish Lake Sno-Park, Lake Wenatchee
- 16:18 Civil Dispute, 15255 US Hwy. 2, Coles Corner, Lake Wenatchee
- 16:53 Civil Dispute, 15361 US Hwy. 2, 59er Diner, Lake
- Wenatchee

April 10

- 11:15 Parking/ Abandoned Vehicle, 8802 Stage Rd., Peshastin
- 11:31 Harassment/ Threat, 23111 Lake Wenatchee Hwy., Lake Wenatchee
- 13:23 911-call, 505 US Hwy. 2, Icicle Village Resort 15:21 Traffic Offense, US Hwy. 2
- and Chumstick Hwy.
 - 16:52 Welfare Check, 228 Chumstick Hwy

Titus Rd., Icicle River Middle School 13:22 Burglary, Fish Lake Son Park. Lake Wenatchee 14:21 Diversion, 129 W. Whit-

15:41 Suspicious Circumstance,

800 block Commercial St.

16:35 Public Assist, 800 block

15361 US Hwy. 2, 59er Diner,

09:16 Civil Dispute, 9920 Eagle

Beaver Valley Rd., Just Plain

11:03 Animal Problem, 17384

13:10 Suspicious Circumstance,

Vehicle, Peshastin Mill Rd.,

10:22 Civil Dispute, 18632

19:02 Non-injury Accident,

Commercial St.

Lake Wenatchee

man St.

April 12

Creek Rd.

Peshastin

Grocery, Plain

Chumstick Hwy.

Leavenworth area

14:33 Parking/ Abandoned

14:38 Sex Offense,10190

Chumstick Hwy.

Archive Research: \$25 per hour Includes mail or email copies.

The Leavenworth Echo (USPS 308 160) is published every Wednesday by NCW Media, Inc. P.O. Box 39, Leavenworth, WA 98826 Telephone: 509-548-5286. Fax: 509-548-4789. Periodical postage paid at Leavenworth, Wash. (and additional mailing offices) Postmaster: Send address corrections to: The Leavenworth Echo, P.O. Box



NCW Media, Inc. prints on recycled newsprint with soy ink. Please recycle.

39. Leavenworth. WA 98826-0039

Letters policy

The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to Publisher@leavenworthecho.com or Reporter@leavenworthecho.com

Corrections

The Leavenworth Echo regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

Contact the listed organizations or events for updates.

- sons.org. (1st Tues.) Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 509-662-7706. (3rd Tues.)
- The Chelan County Cemetery District #2 (Peshastin) meets monthly at 6 p.m., at the Memorial Hall, located at
- 10204 Main Street. (2nd Tues.) Senior Center: Exercise, 11 a.m.Noon. Tues & Thurs. 509-548-6666. Facebook & Website: Leavenworthseniors@ gmail.com

NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.

Leavenworth Public Library. Located at 700 Hwy. 2, Call 509-548-7923 or online Leavenworth@ncwlibraries.org Open on Tues., 10-5, Wed., 11-7, Thurs., 10-7, Fri., 10-5 Sat.,10-2. Closed Sun. and Mon.

Peshastin Public Library. Located at 8396 Main St., Peshastin. Call: 509-548-7821 or Peshastin@ncwlibraries. org Open Tues.,10-1:30; and 2:30-7, Wed.,10-2, and 2:30-7, Thurs., and Fri.,1-5:30 and Sat., 10 a.m- 2 p.m. Closed Sun. and Mon.

Other events

- The Greater Leavenworth Museum, formerly known as the Upper Valley Museum. Now open daily 11-4. Check their Facebook page or website at http://www.leavenworthmuseum.org www.leavenworthmuseum.org for updates and information.
- Leavenworth Fish Hatchery, 509-548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.
- Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.
- Please note that if your organization changes dates, or hours please send us your updates to reporter@leavenworthecho. com or call 509-548-5286. Otherwise we are not responsible for any misinformation.

MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

AA Meetings:

Call for the Zoom link to Leavenworth AA meetings: 541-480-8946 Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939 509-548-1627, 548-4522, 664-6469, 206-719-3379 Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St. Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St. Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St. Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave. Alanon Meetings, Call 509-548-7939 Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509-596-1510.

April 8

- 00:23 Domestic Disturbance, 914 Main St.
- 07:01 Welfare Check, 10415
- Titus Rd. 09:45 Welfare Check, 2406 Salal
- Dr., Lake Wenatchee 11:38 Property, 900 block Commercial St.
- 15:06 Burglary, US Hwy. 97 MP 174. Peshastin
- 15:28 Welfare Check, US Hwy. 2 and Alpensee Strasse
- 15:51 911-call, 920 US Hwy. 2, Village Mercantile
- 17:14 Welfare Check, Leavenworth Waterfront Park
- 6:01 Agency Assist, US Hwy. 2 MP 76, Lake Wenatchee 18:27 Extra Patrol, 200 block Prospect St. 18:36 Theft, 19651 Chiwawa
- Loop Rd., Plain

April 11

- 00:51 Domestic Disturbance, 24601 Spur St., Plain 03:59 Trespassing, 9342 Icicle Rd. 07:53 Agency Assist, 13995
- Brae Burn Rd., Lake
- Wenatchee 08:13 Agency Assist, 320 Park
- Ave., Mountain Meadows
- 13:17 Juvenile Problem, 10195

16:58 Abuse, 817 Commercial St. 17:33 Parking/ Abandoned Vehicle, 510 Cascade St. 17:42 Extra Patrol, 8590 Pine

St., Peshastin

April 13

- 09:06 Property, 700 US Hwy. 2, City of Leavenworth 12:16 Court Order Violation. 1214 Commercial St. 16:11 CPS/ APS Referral, 11864 Sunitsch Canyon Rd. 20:21 Non-injury Accident,
- Stage Rd. and US Hwy. 2, Peshastin







'Bringing the community to your door' isn't just our slogan... It's our purpose.



Community

JOE BROWN

J.C. BROWN LAW OFFICE 200 APLETS WAY, CASHMERE 782-1111

BUSINESS, REAL ESTATE, ESTATE PLANNING, AND PROBATE

MAP OF CASCADE **MOUNTAINS AND** LEAVENWORTH





Thank you for your patience and common sense. Thank you for guiding our family in the right direction.

Thank you for your smile and warm personality.

Thank you for putting everybody first and yourself second, because that's the way you saw it.

> Thank you for 56 years of caring for our kids & grandkids.

Thank you for being kind to everybody you ever met.

Thank you for taking care of me.

Love Your Husband, Roy



March 10, 1945-April 9, 2023

Betty "Cookie" Irene Rayfield McGregor, 78 years old, of Leavenworth, Washington passed away peacefully, April 9, 2023, in her home with family by her side.

She was born to parents Floyd and Pearl Rayfield, March 10, 1945, on Birds Creek in Sevierville, Tennessee, Cookie graduated from Leavenworth High School in 1963. Cookie said that being Homecoming Queen was the highlight of her high school career. After high school, she attended Wenatchee Valley College.

She worked at the National Bank of Commerce. She loved that job, and her boss loved her. She left that career to spend time raising her kids. Later, she worked at the Edelweiss restaurant with her sister Helen. When Helen took over the Big Y Cafe, Helen made Cookie come to work with her. Cookie was best known for harassing the local farmers and swatting flies. Everyone who had the pleasure to work with her loved her.

She married the love of her life, Roy McGregor, in 1967. They raised a family of four together in Leavenworth, Washington. Cookie devoted her life to her family. She was an amazing mom and an exceptional nana. She loved nothing more than traveling with Roy to her childrens' and grandchildrens' games. In her later years, she would often sneak trips to Mill Bay with her sister-in-law Sharon and played pinochle with her sister Helen, Sharon, and grandkids. She loved her breakfast club mornings with Shirel Ogle, and her brother and sister. She was a great southernfood cook and continued making biscuits for her brother Dave because no one could make them quite like her. She was

selfless and giving to everyone and could put everyone at ease with her wonderful smile. Cookie could make a whole room laugh with her keen wit and sense of humor. She had the strength to be honest when nobody else could. She believed in taking action and encouraged others to make changes if they weren't happy with their circumstances. She will be deeply missed by her husband of 55 years, her four children, ten grandchildren, and a countless number of family and close friends whose lives were made better because of her!

Cookie is survived by husband Roy A. McGregor, daughter Jennifer D. McGregor (Darren Lowe) of Peshastin, son Ryan McGregor (Elizabeth) of East Wenatchee, daughter Marni R. McMahon (Brock) of Wenatchee, and son Ty J. McGregor (Courtney) of Spokane. Cookie had ten grandchildren who she adored: Jordan McGregor, Brayden Countryman, Cole McGregor, Colton Latimer, Ashton McMahon, Coy Latimer, Jaxon McGregor, Jayce McMahon, Molly McGregor, and Harlee Eastep. She is survived by her siblings: brother, David Rayfield of Leavenworth married to Sharon, and sister, Helen Rayfield of Leavenworth. She had many nephews, nieces, cousins, and a brother-in-law John McGregor. She was preceded in death by her mother, Pearl Rayfield, father, Floyd Rayfield, mother-in-law, Lois McGregor, father-in-law, Al McGregor, and brother-in-law, Ray McGregor.

A celebration of life will be held on May 6, 2023 from 1:00-4:00 at Spromberg Canyon Meadows. -12250 Spromberg Canyon Road, Leavenworth, WA. 98826

Karen Brennick

January 13, 1943- March 25, 2023

Karen Brennick passed away on March 25, 2023. She was born on January 13,1943 to Inquald and Eva Ronnestad in Seattle, Washington. She is survived by husband Gary of 62 years, her son Randy and wife Cheri of Lake Stevens, grandson Connor, his wife Kendall and granddaughter Brianna Rosselot and husband Lane of Seattle. Her daughter Kris and husband Jerry McCarty of Flora, Indiana. Grandson Brandon and wife Emily also of Flora.

Karen graduated from Lake Stevens in 1961 on a Wednesday, and married Gary on Friday and they have been together ever since.

Karen and family have lived in Lake Stevens, Leavenworth, Cashmere, Almira, and Florence, Oregon. Living in Oregon, Karen was involved in the representation of the Democratic Party. In Lake Stevens was involved in the Lions Club, Historical Society of Lake Stevens and she was the past president of the Aquafest event and was chosen the Lion of the year for the Lions Club.

She was also a member of the Bethany Home for seniors. She was at the groundbreaking ceremony for the new building in Silver Lake. In Leavenworth she was involved with the Lions Club, Senior Center and was the President of the Leavenworth Historical Museum.



She moved to Ft. Wayne, Indiana to further her career at Verizon Phone Company and that is where she retired from. While in Ft. Wayne she met Michelle Shaw, and it was a godsend for Karen to meet her as they became best friends. Later Kris, her daughter, moved back to Ft. Wayne where she and Karen lived together for some time. Kris worked at K-Mart and met Jerry underneath the "Blue Light Special", and they have been together since that time.

Karen and Gary loved to travel and went on many cruises including Alaska, the Caribbean, Panama, and a three-week European Cruise. They loved the outdoors and enjoyed camping trips when the kids were young. Karen was very involved in any community she lived in.

There will be a Remembrance of Life for Karen on April 25 from 5-7 p.m. at the Leavenworth Senior Center.

Honor Roll at **Oregon State** University

The following Leavenworth students at Oregon State University made Honor Roll.

Eric Bartanen	Post Baccalaureate	Computer Science
Joanne Gembe	Post Baccalaureate	German
Kalin J. O'Neal	Sophomore	Animal Sciences

Get the word out

THE LEAVENWORTH ECHO 14th Street • PO Box 39 • Leavenwor

Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald. An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-548-5286 for more information Or email classifieds@leavenworthecho.com

New to our area? On vacation? E VALLEY CHURCH GUID These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 509-548-5286

SEVENTH DAY ADVENTIST CHURCH

10600 Ski Hill Drive • 509-548-4345 Saturday Services • Bible Study 9:30 a.m. Worship 11 a.m. • Fred Smith • 509-860-3997 SPIRIT LIFE CENTER

210 Benton Street • 509-548-7138 Sunday Worship 10 a.m., Prayer 6 p.m. Wednesday Bible Study 6:30 p.m. **Pastor Russell Esparza**

MONITOR

MONITOR UNITED METHODIST CHURCH

3799 Fairview Canyon • 509-782-2601 In-person service, Sunday, 9 a.m. Pastor Lilia Felicitas-Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH

8455 Main Street Sunday Worship 10 a.m. • Pastor John Romine

www.lightinthevalley.org

New Life Foursquare Church 7591 Hwy. 97 • 509-548-4222

Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall

Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com

PLAIN

PLAIN COMMUNITY CHURCH

Serving Our Valley Since 1941 12565 Chapel Dr. 509-763-3621 Looking for you at 10:30 this Sunday! plaincommunitychurch.org facebook.com/plaincommunitychurch

office@plaincommunitychurch.org



LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH 418 Evans Street • 509-548-5619 10 a.m.Sunday Service, Pastor Jo Dene Romeijn-Stout Leavenworthumc.org leavenworthumc@outlook.com

HURCH OF JESUS CHRIST OF LATTER-DAY SAINTS C 10170 Titus Rd. (across from middle school) Church: 509-548-7667 Meetings: Sunday - 10 a.m.

FAITH LUTHERAN CHURCH - ELCA

"Reconciling Works Congregation" 224 Benton Street • 509-548-7010 Worship 9:30 a.m. w/coffee following Eva Jenson, Pastor https://www.flcleavenworth.com

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

429 Evans Street, 509- 470-7745 Sunday Worship: 11 a.m. Website: www.leavenworthbaptist.com Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE

111 Ski Hill Drive • 509-548-5292 Sunday Worship 9 a.m. Lead Pastor: Greg Appleby Youth Pastor Paige Derossett Worship Pastor-Jacob Mitchell www.LCN.org

GRACE LUTHERAN CHURCH 509-860-0736 401 Elberta Ave., Morning Prayer or Holy Eucharist. Services,10 a.m. Pastor Rob Gohl

ST. JAMES EPISCOPAL CHURCH • 509-860-0736 222 Cottage Ave., Morning Prayer or Holy Eucharist. Services, 9:00 a.m. Pastor Rob Gohl

DRYDEN

DRYDEN COMMUNITY CHURCH Hwy 2 at Dryden Ave. • 509-782-2935 Sunday School 9:30 a.m. Worship 10:45 a.m. Pastor Steve Bergland

> MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. • 509-782-2616 Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore www.midvalley baptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH Office: 509-548-4331 11025 Chumstick Hwy. Please join us Sunday mornings 9 a.m., Sunday School 10:30 a.m., Worship Service

CORNERSTONE CHURCH Leavenworth Grange Hall 621 Front St. info@cornerstoneleavenworth.com Sunday Worship - 10 a.m.

CASHMERE

CASHMERE BAPTIST CHURCH 103 Aplets Way • 509-782-2869 Sunday School, all ages, 9 a.m. Worship 10 a.m. Bible Study, Wed., 6.30 p.m. Pastor Bob Bauer Find us on Facebook at Cashmere Baptist Church



CASHMERE PRESBYTERIAN CHURCH 303 Maple Street • 509-782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke www.cashmerepres.org

CASHMERE COMMUNITY CHURCH

213 S. Division • 509-782-3811 In-person Service, Sunday, 11 a.m. until further notice. Pastor Lilia Felicitas-Malana cashmerecommunitychurch@gmail.com



Sunday Worship Service at 10 am 5800 Kimber Rd., Cashmere 509-295-8006 christcentercashmere.com

















Nurse's Aide

I went to Easter Sunday Service at a beautiful little old church; the windows were stained glass; the domed cathedral ceiling was polished wood; the lights were long lanky cylinder chandeliers, and the old hardwood floor was in pretty good shape for the shape it was in.

I noticed two ladies sitting in front of me and the thought ran through my head, they look a lot like the traveling nurse that visited us way back when. I don't remember much of the sermon; I was deep in thought remembering years passed, remembering my young dreams, trying to imagine a future.

When the sermon ended the two ladies turned to me. I smiled and they introduced themselves. Sure enough they were nurses. The older one had been a traveling nurse and the other one was still a traveling nurse. We chatted for a while, gave each other hugs then

left the sanctuary to move on with our days. I mentioned the two ladies to Grandma after I got home as we were making oven fried potatoes for dinner, how nursing is a hard job, "Yes, I know; I was going into nursing," "You were a candystriper, right?" I asked because I knew her time of working at the hospital during her high school years. "Noooo," she said as only a grandma can, 'candystripers brought candy and books. I took blood pressures, temperatures, emptied bed pans, barf bowls, changed beds, whatever needed to be done. And we rubbed backs, back then every patient got a back rub before lights out.'

"You were a sophomore?" I asked. "How did you get the job?" "I was a junior in high school. We had to apply to get the job. 250 kids applied. 20 or was it 25?" she paused to reflect, "I think it was 25, were selected after we interviewed." "You didn't take flowers and books to patients?" I asked. "Noooo," she said as only a grandma can, "that was candy-stripers. They didn't get any training. We got Community

trained. Six weeks training in the classroom and we got uniforms. Next, we trained for six weeks on the floor and got this little white cap before we were turned loose to do the jobs we were supposed to do." "You got a nurse's hat? That's a pretty big deal."

'Not a nurse's hat. The LPNs (licensed practical nurse) and RNs (registered nurse) nurse's hats were totally different. It was just a little cap. I worked from 3:30 to 11:00 p.m. after school. The first half hour we were briefed on what happened with our patients during the day. Sometimes I had 13 patients. I did the work the LPNs and the RNs didn't do and freed them up to do the other stuff. We couldn't give shots or medication. For every shift there was one RN and one LPN with all of us. I did that until your dad, and I got married and we moved," she told me.

I continued to peel and cut then wrap the potatoes in tinfoil to be put in the oven for dinner while imagining my mother, a junior in high school, as a nurse's aide; thinking about her past; her young dreams that lead to a family; to a life full of knowing and how she gathers knowledge continuing to imagine the future.

Grandma's Oven Fried Potatoes

- 4 or 5 medium sized potatoes cut into 1 ½ to 2-inch cubes.
- 2 tablespoons oil Good sprinkling of each: Salt,
- Pepper, and Garlic Powder (optional)

In a plastic bag or a bowl toss the potatoes with the oil until they are coated but not saturated. Put the potatoes in a jelly roll pan (cookie sheet with half inch sides) or in a large cake pan in a single layer then sprinkle with salt, pepper, and garlic powder. Put in the oven at 425°F for 15 to 20 minutes until done. Choices: Instead of or along with the salt pepper and garlic powder other herbs and spices can be added. Any dry seasoning blend will work so long as it tastes good on potatoes, after all our potato chip industry has made billions

on dusting potatoes with herbs and spices.

About the author: In 2000 Michele Priddy left the work force to become a stay-athome mother and wife. Being a one-income family in today's society meant she had to learn to budget quickly. Food became a priority early because she wanted the children to have the best nutrition she could offer them even on a budget. She tauaht cooking classes at various churches in her community on "How to stretch the food dollar with simple ingredients". Michelle has put her kitchen strategies, stories and recipes in booklets, her church newsletter and in her hometown newspaper, The Goldendale Sentinel. We hope you will enjoy her strategies, stories, and recipes. You can contact the Leavenworth Echo at Reporter@leavenworthecho. com or Michelle's email: mykitchenstrategies@gmail. *com if you have any questions* or comments.

Keith Goehner

CONTINUED FROM PAGE A1

Technical Education and Innovation (Wenatchee);

- \$19.6 million for The Center for Alcohol and Drug Treatment (Wenatchee);
 \$11 million for the Chelen
- \$11 million for the Chelan Valley EMS;
- \$6 million for the King County Area Readiness Center;
 \$2 million for the Lake
- \$2 minion for the Lake Chelan Food Bank building remodel and addition;
- \$1.7 million for the Community Center at Lake Chelan;
 \$1 million for Leavenworth
- Affordable Workforce rental housing;
- \$1.5 million Fall City Business District Septic;
 \$1.03 million for the
- Wenatchee Valley YMCA; • \$1 million for the
- Wenatchee Valley Museum expansion and redesign;\$628,000 for water line
- so28,000 for water line repair in Index;
 \$420,000 for the North
- Fork Skykomish River 911
- \$231,000 for the Snoqualmie Valley Youth Center Barn with Storage in North Bend;
 Manson Fire Station:

Extension:

- \$206,000;Manson School District:
- \$262,000; andSkykomish School District:\$25,000.

Negotiators from the House and Senate capital budget committees are working out the differences between the two spending plans. We will vote on a final agreed upon plan before we adjourn April 23.

Capital gains tax upheld, new tax proposals being introduced

In late March the Washington State Supreme Court decided to ignore longstanding legal precedent and upheld the 7% capital gains tax approved on party lines by the majority party during the 2021 legislative session.

The court's 7-2 decision is disappointing and seems to go against common sense. Every other state in the country, the IRS and Justices McCloud and Johnson recognize capital gains as income.

We are concerned this ruling will provide a blueprint for future tax increases as lawmakers try to circumvent the state's constitutional tax limits. Recent headlines from around the state seem to confirm this.

Public safety

The two key public safety bills of the legislative session survived the policy committee cutoff. I am hopeful Senate Bill 5352 (vehicular pursuits) and Senate Bill 5536 (drug possession and treatment) will be before us on the House floor soon. Unfortunately, in their current form the bills do not give law enforcement the proper authority needed to do their job effectively and keep our streets and communities safe. It is time to return to a common-sense approach for vehicular pursuits and drug possession laws or we will continue to see crime escalate. Violent crime is up 55% in Washington state amid 'missed opportunity' for reform, The Center Square.

Following the Legislature and state government

Please contact me with any questions, concerns or comments you have. I appreciate your input as it helps me better represent you in the Legislature. I urge you to utilize these websites: The Ledger - a legislative news aggregator; Capital Buzz - Daily news clips; and How you can be involved in the legislative process. It is an honor to serve the 12th District in the state House of Representatives.

Cascade Baseball falls to Moses Lake in Doubleheader





games with a record of 1-5-1, Cascade was determined to get into the win column and begin stacking up some good games. The first game was hard fought and back and forth throughout the majority the game. Moses Lake struck first going up 2-0 in the first inning, but Cascade was quick to respond. After 5 innings, the Kodiaks trailed 6-5 and were poised to mount a comeback opportunity for their squad. Moses Lake rustled up three more runs and eventually ended with



	Kodiaks Scoreboard
	SOFTBALL
Apr. 15:	Cascade 2, Cashmere 21; Loss
Apr. 15:	Cascade 3, Cashmere 22; Loss
	BASEBALL
Apr. 11:	Cascade 8, Moses Lk. Christian 13, Loss
Apr. 11:	Cascade 7, Moses Lk. Christian 5, Win
Apr. 15:	Cascade 0, Cashmere 30; Loss
Apr. 15:	Cascade 0, Cashmere 17: Loss
	BOYS SOCCER
Apr. 10:	Cascade 7, Omak 1; Win
Apr. 13:	Cascade 4, Ephrata 1; Win
Apr. 15:	Cascade 4, Overlake 2; Win

The Cascade Kodiaks hosted Moses Lake Christian Academy/ Covenant Christian School for a double header on Tuesday, April 11. Coming into these a final score of 13-8. This hard-fought loss seemed to drain some of the energy for Cascade, as they fell in the second game with a final score of 7-5. The Kodiaks showed grit in these backto-back games, practicing togetherness, and well

thought out execution on the field. They consistently were able to generate outs and make the right play, but the hitting fell short during both attempts. The Kodiaks will host Quincy on Wednesday, April 19, looking to improve their record.

SUBMITTED BY ANITA WILKIE

Leavenworth Lions Club

What brings a pride of Lions, a bunny, and a large group of intrepid hunters under the age of 13 together? The Leavenworth Lions annual Easter Egg Hunt. It took a mere 5 minutes for the eager egg hunters to claim all the eggs distributed across the soccer field at Alpine Lakes Elementary School on Easter Sunday. We thank all from the community who came out and

took part in the hunt despite the

threat of inclement weather.







PHOTO BY ANITA WILKIE Children gathering Easter eggs

City Council

CONTINUED FROM PAGE A1

the Festhalle, which mostly contains windows. Venturing into summertime, the river is beginning to incorporate new signs and markings being put up to direct people floating in the water. The goal is always to create a safe and wellexplained environment for people enjoying river activities in order to reduce the number of accidents and mishaps that take place. The online survey for the new community pool has begun circling the residents of Leavenworth, and as of Monday, April 10, over 920 people have begun taking the survey. This response is very promising and shows how many people care about this project within the community. The preliminary results of the survey will be revealed

during the next Community Engagement Night, which is set to take place on May 2 in the Festhalle. Along with the results of the pool survey, there will be four total city projects that will be showcased during the event. More city staff are being hired this month to help with summer activities and maintaining the well-run operations of the city. Tubing and river rafting permits are beginning to surface, as the seasons begin to change, and warmer weather is becoming more prevalent within the area. The Council encourages city residents to come show support during this Engagement Night and continue to take part in the online survey. The Leavenworth City Council is set to reconvene on Tuesday, April 18 for their regular meeting scheduled for 7:00 p.m. in City Hall.

Sports Schedule

	TENNIS
Apr. 20:	Cascade vs. Chelan, Away at 4 p.m.
Apr. 25:	Cascade vs. Quincy, Home at 4 p.m.
-	BOYS SOCCER
Apr. 20:	Cascade vs. Chelan, Away at 4 p.m.
Apr. 25:	Cascade vs. Quincy, Home at 6 p.m.
	SOFTBALL
Apr. 25:	Cascade vs. Omak, Home at 4:30 p.m.
	BASEBALL
Apr. 19:	Cascade vs. Quincy, Home at 11 a.m.
Apr. 21:	Cascade vs. Ephrata, Away at 4 & 6 p.m.
Apr. 25:	Cascade vs. Omak, Home at 4:30 p.m.
	GOLF
Apr. 20:	Cascade vs. Chelan, Away at 1:30 p.m.
Apr. 25:	Cascade vs. Quincy, Home at 2 p.m.
	TRACK
Apr. 22:	CLA Invitational, At Quincy at 10:30 a.m.

KODIAK SPORTS SPONSOR OF THE YEAR



From your fresh, friendly LOCAL grocer. 509-548-5611

Classifieds



Announcements

Lost & Found

papers

This is a FUNDRAISER for The Royal Ladies of

Happy Birthday

from Leavenworth!

office duties. Excellent customer service skills required. Couples welcome to apply. Pay is \$15.74 per hour; includes

use of camp site, water

and letter of intent must be returned to the Chelan County Human Resource Department 400 Douglas Street #201, Wenatchee, WA 98801 or emailed to numan.resource@co.cnei

website, www.brewsterbears.org or by contacting the district office at 509-689-3418. This position is

A8



Noon for the following

Wednesday issues of

all newspapers

REDUCE



Place your Help Wanted Ad online at NCWMarket.com 24/7 and find the best qualified local employee

NCWMarket.com is a classified advertising service of NCW Media, Inc. Publisher of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald & Wenatchee Business Journal

The good news about NCWMarket.com is:

- It's available 24/7
- · Rates start as low as \$5 per month
- Google says we averaged 5,277 visitors per month last year
- You can have multiple photos even videos
- You can protect your identity until
- you decide to respond to inquiries, OR
- · You can include a map to your business
- · You can change the ad anytime you want as often as you want
- We don't sell your email address or any of your personal information
- Our monthly subscription programs allow you to change your ad entirely at no additional charge

Place your ad now: NCWMarket.com

The Leavenworth Echo • Apri	IL 19, 2023	Classifieds A9					
For Sale	General Merchandise	Public Notices	Public Notices	Be careful: Grapefruit			
Appliances	For Sale: AMEREX Carbon dioxide		AVENWORTH BLIC HEARINGS a Losuponuarth Sity Council will	can change h	ow medicine		
For sale: great for the office:	commercial fire extinguisher.	hold a public hearing for amendme Code, Definitions, Development Sta	nts to Zoning Code, Subdivision andards on April 25, 2023 at 7:00	gets into you	r body		
1 Rival brand small microwave, \$25.	\$50/ Sells for \$108. Call 509-670-1723 or	PM at City Hall, 700 US Hwy 2, Lea City Event Calendar: <u>https://citvofleavenworth.com/vour-</u>	wenworth OR via ZOOM- see the <u>city-hall/calendar</u> / Or login to zoom:	Q: There's a sticker on my pre- scription bottle that says not to	Ask		
Magic Chef Model MCBR360S small	509-548-5286.	Meeting ID: 993 9899 7379 Passoo 1-253-215-8782 The specific code sections being	de: 633008 Or Call in: recommended for adoption from the	eat grapefruit or drink grapefruit juice with it. I love grapefruit. Is it okay to have grapefruit juice for	Louise		
refrigerator \$70. Keurig coffee machine, \$20.	TIT	April Planning Commission Hearing 1, LMC 14.12.030 - remove under	include: round parking facilities	breakfast and take my pill in the evening instead? Your medicine's "grapefruit	juice with the medicine. Alcohol was added to the grapefruit juice in half of the doses.		
Call to see, 509-548-5286 or Carol, 509-670-1723.	-	code requirements and expand the 3. LMC 14.12.070 - tying joint us	s responsible for implementing the options for comparable uses. se parking to the life of the related	effect" doesn't wear off that fast. After drinking a glass of grapefruit juice or eating half a grapefruit,	Something curious happened. ALL of the study participants had		
Antiques & Collectibles	2223		ng berth requirements rking requirements for dwellings,	it can take up to 3 days for its effect on medicine to wear off	lower blood pressures than the researchers expected. Not only that, but the blood levels of the		
Get cold hard CA\$H for your Antiques and		 motel/hotels and electric vehicles 6. LMC 14.12.155 – provide preference required parking standards. 7. LMC 14.12.157 – update driveway 	red access from alleys and updating	completely. Penny is 87 years old and comes to our clinic every 6 weeks to have her blood thinner level checked.	medicine were nearly 50% higher than typical. They discovered that drinking alcohol didn't affect the blood level of felodipine, but drink-		
Collectibles by placing them in our classifieds.		8. LMC 14.12.160 - add new Resid		The blood test we do is called an INR. For her, the result should be	ing grapefruit juice did. What did the grapefruit juice		
Place your ad with pictures online	Solid light oak wine barrel cabinet with 19 Marilyn	10. LMC 14.12.170 - Update requirements	is off-street parking lot design	between 2 and 3. Last month, she started having more bruising than usual. Her blood thinner level also	do to cause the blood level of the medicine to rise? Grapefruit can change how		
24/7 at www.NCWMarket.com	Monroe and 8 Elvis	moved to one section	ndscaping parking lot requirements	changed, jumping from her previ- ous level of 2.2 all the way up to 4.5.	medicine gets into your body. Al- though most pills dissolve in your		
Register and pay on our	collectors' wine bottles. Asking \$400. Call leave a	outline fire apparatus standards	dopted Construction Standards and	Why had her blood thinner level increased significantly? What was	stomach, they don't actually get		
secure site. Want Print Only?	message, 509-630-1660.	 LMC 14.14 Illustration 1 – r adopted Construction Standards 	emoved graphic, as addressed in	the difference?	into your bloodstream from there. Vitamins, minerals, nutrients, and		
Call	For Sale: 2018 Troy Bilt snowblower	 LMC 17.14.040 Subdivision – modified flag lots consistent with zoning code standards 		Penny lost her husband 2 months ago and now only cooks	medicines are transported into your bloodstream by your small		
Lake Chelan Mirror Quad City Herald	28 clearing width, electric	15. LMC 17.14.100 - provide new	alley access & shared access on	for herself. Last month, she started eating fresh grapefruit sections	intestine, lined with special cells and molecules working to make		
509-682-2213	start, 4 way chute control		atinitions and moved some definition	several times a week. "It's easy to fix, and I love grapefruit."	this happen.		
or email mirrorads @lakechelanmirror.com	2 stage power, driving light. Instruction manual.	from code 17. LMC 18.36.020 - permit 6' fi	ences in the commercial, industrial	I asked Penny to stop eating	One particular type of molecule is an enzyme called CYP3A4. Its		
or call	Paid \$1300 will take \$600.	zones and for side street yards	District Use Chart to include	grapefruit. Once she did that, her blood thinner level dropped	job is to take apart and change the shape of certain medicines.		
The Leavenworth Echo Cashmere Valley Record	No problems with it, just to big for me to handle.	"composting collection center"		back to normal. Grapefruit and	Once this happens, the drug stops		
509-548-5286	Call to make an		rical requirement for no more than B and added clarity that parking	grapefruit juice can change the way your body absorbs certain	working for you, and your body gets rid of it.		
classifieds@leavenworth	appointment to see	three bedrooms be used as B&B and added clarity that parking requirements meet the updated standards of Title 14.		medicines. This "grapefruit ef-	Grapefruit juice and fresh grape-		
echo.com Deadline: Noon on	509-670-1723		code updated to match historic past extend the full frontage of property.	fect" was discovered by accident. In 1991, researchers wanted to	fruit contain natural compounds that neutralize the CYP3A4 en-		
Friday for all papers.	MOVING SALE LOW PRICE AND SOME	 21. LMC 15.24 – Addressing Code to reference County process 	is out dated and not used; updated	find out if drinking alcohol while taking a blood pressure medicine	zymes lining your small intestine.		
Estate Sale	FREE	22. With various sections moved or The amendments are exempt per F		called felodipine would change the	Without these enzymes available to inactivate part of each dose, you		
	DESKS: wood and wood-metal	actions (b) text amendments result	ng In no substantive changes	level of the drug in the blood. They created a study that measured	will absorb more medicine. This "grapefruit effect" is not		
ESTATE SALE	FILE CABINETS: Different	respecting use or modification of the environment. Interested citizens are encouraged to comment and/or attend the public hearing.		blood pressure and blood levels	consistent with everyone or with		
April 29-30, 9 a.m3 p.m 12280 Ski View Lane,	sizes, legal and standard,	Questions may be directed to Community Development within City		of the medication twice, once with alcohol in their blood and once	every medicine. Some medicines are more affected by the CYP3A4		
Leavenworth	3 drawers and 4 drawers. FREE OFFICE CHAIRS:	Hall, phone 509-548-5275 or email dsmanager@cityofleavenworth.comPublished in The Leavenworth		without it.	enzyme than others. There are		
Sewing machines, Serger,	* A Laverne-Shirley metal	Echo/Cashrogre Vallay Record on April 19, 2023. # 5621.		To keep the participants from guessing whether they were tak-	genetic differences in how many CYP3A4 enzymes we have and		
fabric, electrical,	kitchen table.			ing actual medicine or dummy	how active they are.		
plumbing, structural supplies, hand and power	MISC. ITEMS:	Public Notices	NCW	medicine, the researchers needed a way to disguise the taste of	Eating one grapefruit or drink-		
tools, compressor,	White boards, cork boards, file trays.	The Caseada Sahaal District	MARKET.COM	alcohol.	ing 7 ounces of grapefruit juice can completely inactivate your		
generator, weed-eater,	* Framed pictures-	The Cascade School District Board of Directors will hold a		The researchers chose grape- fruit juice to disguise the taste	intestinal CYP3A4 enzymes for up		
men's clothing, camping gear, bed frame with air	2 of downtown	hearing regarding realignment of CLASSIFIED ADS		of the alcohol. Each participant	to 3 days. Like Penny discovered, if you take a drug that's affected		
mattress, sports	Leavenworth one full color, one black	director district boundaries as a result of the 2020 U.S. Census.		drank a small glass of grapefruit	by grapefruit and drink fresh		
equipment. Jon boat,	and white.	The public hearing will begin at 6:45 pm on Mon., April 24th, 2023			grapefruit juice or eat grapefruit, the level of medicine in your blood		
antiques and more.	Framed full-color signed	in person (zoom option/ see			can jump by 50%.		
Garage & Yard Sale	Icicle Train Station poster.			LT UZZLE	Here are 3 Tips for Taking Medi- cation and Grapefruit Safely:		
	Framed full color Leavenworth Map	Any person may appear there	SUDO	<u> </u>	1. Check for the interaction.		
CLEAR SOME SPACE	Stop by the Echo	and be heard. Published in the Leavenworth Echo/Cashmere Valley	GRAND ALASKAN	FROM	Medicines affected by grapefruit usually have a small sticker on the		

Medicines affected by grapefruit usually have a small sticker on the side of the prescription bottle.

2. Avoid fresh grapefruit.

One glass of fresh grapefruit juice can affect your medicine for up to 3 days. Unfortunately, you can't avoid the interaction by taking them at different times. When taking a medication with a grapefruit interaction, it's best to avoid grapefruit juice and grapefruit entirely. Grapefruit juice reconstituted from frozen juice doesn't affect medicines like fresh grapefruit or grapefruit juice.

Call 509-548-5286

215-14th St. 10.- 5 p.m.

Vehicles

Trucks & Vans



Leavenworth Echo/Cashmere Valley

Record on April 19, 2023. # 5619



WITH A

Fill your pockets with CASH \$\$ Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? **Deadline Friday at** Noon for all papers

Lake Chelan Mirror Quad City Herald Call: 509-682-2213

Leavenworth Cashmere Call: 509-548-5286

Your ad will appear online and in the newspapers for one low price !

General Merchandise

Ovalstrapping Inc. "Mini-Max" Newspaper and Magazine strapping, etc. machine with one large roll of strapping. Selling for \$500 Or Make offer! See at The Leavenworth Echo 215-14th St. 509-548-5286 Need to move before end of April. See photos on NCWMARKET.COM



FREE You will need to haul away. 91 Jeep Cherokee 368,000 miles. Some body damage but engine still in good condition, worth around \$1000. Good for parts, not running now. Make appt. to see. Carol, 509-670-1723. See engine at NCWMARKET.COM

Legals

Public Notices

PUBLIC HEARING NOTICE Notice is hereby given that the Leavenworth City Council will conduct a public hearing on the Six-Year Transportation Improvement Plan, on Tuesday, May 9, 2023 at 7:00 PM in the City Hall Council Chambers, 700 US Highway 2, Leavenworth. The public is invited to attend said hearing and make comment. Andrea Fischer, City Clerk CITY OF LEAVENWORTH Published in The Leavenworth

Echo/Cashmere Valley Record on April 19, 2023 .#5624

CITY OF LEAVENWORTH On the 11th day of April, 2023, the City Council of the City of Leavenworth, Washington passed the following ordinance. Α summary of the contents provides as follows:

Ordinance 1669: An ordinance of the City of Leavenworth, WA, amending certain revenue and expenditure appropriations in the 2023-2024 budget and Ordinance #1664 for the City of Leavenworth

A full copy of the ordinances is available at Leavenworth City Hall or will be mailed to you upon your request to Andrea Fischer, City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/Cashmere Valley Record on April 19, 2023. #5625

Upgrading
your
'ride'?
we can help
you sell your
old one

 Place your ad 24/7 at nowmarket com leave • Ca

	н	0	L
• Email:	Ш	-	Г
classifieds@	Ш	5	L
enworthecho.com	Ľ	© StatePo	in
all 509-548-5286		Fill in row, c	t

CROSSWORD PUZZ

BRING EVERYTHING

\$

CALL TODAY - For \$100 Gift Card Premo Code: DE01100

1-888-416-7103 Offerends 4/13/22

YOU LOVE TOGETHER!

69% MO.

dish

tcPoint Media

2-YEAR

TV PRICE

GUARANTEE

CROSSWORD

	7						5	6
1					6			4
4				5		8	2	
2	5		9				4	8
8	6				2		3	9
	4	7		2				3
6			1					5
5	3						8	
	© StatePoint Media							

12 days, departs May - Sep 2022

1-855-208-9533

promo code N7017

CRUISE & TOUR

the blank squares in the grid, making sure that every olumn and 3-by-3 box includes all digits 1 through 9.

J)]	PT	JZ	27	<u>7</u>	je	THEME: INVENTIONS AND INVENTORS ACROSS	1.
AL C	RI	-					1. Urban haze 5. Da, oui, or si, e.g.	3.
~ (<u>, </u>	<u> </u>		1.0	140	1	8. Drug-induced state	4.
1			8	2	10	11	12. UK art museum 13. Molten rock	5.
		14		+	+	+	14. Hip-hop or classical, e.g.	6.
			I .	1	1	I	15. Sportscaster Andrews	7.
		17					16. Angle between branch and offshoot	8.
							17. Bioweapon	9.
		20	I .	1	1		18. *Reaper inventor	10
	22		+				20. Muslim holy man	11
	~~	1	I .				21. Dampish	13
26		+		27	28	29	22. *The invention of hand sanitizer	14
							centered on alcohol as this	19
			34				23. Stitched again	22
	_	38				-	26. Decipherable	23
		30	I .	1	1	I	30. United Nations labor agency, acr.	24
_	41			42	+	+	31. Armed robber, on an Indian subcon-	25
	· · ·	1			1	I	tinent	re
	45		46				34. Heart of the matter	26
		-					35. Impertinent	27
49	1	1	I .				37. Be in arrears	28
	+	+	+	53	54	55	38. Belgian port city	29
	I 1	1	I .	~	~		39. European erupter	32
	-		58			+	40. Popular women's magazine	33
							42. Back then	36
			61				43. Make a new sketch	in
	_						45. Canine's coat	38
			64	1	1	I	47. Digital audiotape, acr.	40
				_	_	_	48. Corner joint	41
G				Blazi	ng F	ast	50 crazy	4
				ADD/TO/10	nteri	net!	52. *Ground beef steak inventor	46
ER!				1	> \$19	9.99	56. Nordic gl,hwein	48
					when	e available	57. Substance abuser	49
9	-		Top 120 P			-	58. Kind of testimony	50
1			CH				59. Soft twilled fabric of silk or rayon	5 52
for 1	2 Mos.	nclud	ing Lo	cal Ch	nanne	ls!	60. Casanova, e.g.	52 53
no Code:	D(5H100						61. Anger on road 62. Flock's affirmation	54 54
ferend	4/15/22		dis	sh 🚽	<u>A</u>			ວ4 5
Destroye	Bying sultance	n Neon, Neo	er willing of the	and providence	non, Uphweth	in my week	63. Short for ensign); 5(

64. NBA shot

3. It's safe to eat and drink most citrus fruit.

Although mostly seen only with grapefruit, two ounces of lime juice may increase the level of medication in some people. Oranges, lemons, and other citrus do not affect medicines.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and the author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2023 Louise Achey

5	DOWN
	1. Flower part 2. Painter Chagall
	3. Ear-related
	4. DNA sequence
ĸ	5. Vertical coordinate axis
	6. Put out on a curb
	*Poliomyelitis vaccine inventor
	8. *Life-saving maneuver inventor
	9. Machu Picchu group
	10. Sinister
	11. Pecking mother
	13. Thin layer
	14. Romantic Norwegian composer
	19. Disturbing public peace
	22. Acquire
	23. Early one
	24. Carry away, in a way
	25. *Edison invented things for its
	reproduction
	26. Stead
	27. Flesh of fish
	28. Foot-forward squat
	29. Glorify
	32. *First commercial revolver inventor
	33. Harry Potter's mail carrier
	36. *Knitted sweater with open front
	inventor
	38. #4 Down matter, pl. 40. Back of the boat
	40. Back of the boat 41. Withdraw from working life
	44. Frustration, in print
	46. Pergolas
	48. *Wide-mouth jar inventor
	49. Intestinal obstruction
	50. Undesirable location
	51. Ruptured
	52. Certainly
	53. Russia's mountain range
	54. Indian music
	55. Big Bang's original matter
	56. Geological Society of America

Recreation/Opinion

WASHINGTON OUTDOORS REPORT





A drake northern shoveler.

Spring is for the birds and the bass

By John Kruse

COLUMBIA NATIONAL WILDLIFE REFUGE BIRDING

A friend and I went for a hike around Morgan Lake at the Columbia National Wildlife Refuge last weekend. The shallow lake was full of coots (mud hens) as well as mallard ducks and colorful northern shovelers. The basalt cliffs and desert landscape surrounding the wetlands in the refuge are a pleasure to visit in the springtime though the first wildflowers had not yet bloomed and the grass was just greening up after the long winter. In addition to the ducks, good numbers of sandhill cranes are in the area and there were still several thousand snow geese rafted up at nearby Potholes Reservoir though they should be migrating north soon.

If you enjoy birding this is a great time of year to visit a national wildlife refuge or state wildlife area near you to see not only waterfowl, but also raptors, songbirds and wading birds too.

I had just stepped off the plane

after a trip to Kenya when I saw

the news. My heart sank to my

stomach as I read the reports of

Covenant School in Tennessee

The Problem of Evil

WRI BIRD FESTIVAL

PHOTO BY JOHN KRUSE

Speaking of bird watching, the Wenatchee River Institute and the North Central Washington chapter of the Audubon Society announced the Leavenworth Spring Bird Fest will take place from May 18 - 21 this year and they promise it will be bigger than ever with over 50 birding trips happening over the course of the festival.

The Institute promotes the festival as a celebration of the return of migratory birds where participants can take part in birding field trips, workshops, family activities, and more. You can check out the schedule of events and register now at https:// leavenworthspringbirdfest. regfox.com/bird-fest-2023.

LIMIT OUT MARINE BASS TOURNAMENTS

MarDon Resort and Potholes Reservoir are going to be the site of what may well be the most impressive bass tournament the Pacific Northwest has seen in years. Russ Baker, the owner of Limit Out Performance Marine with locations in Pacific and Spokane Valley, is putting on the first annual Potholes Shared Weight Pro/Am

Rusty Johnston and I will be fishing the Big Bass Tournament at Potholes Reservoir on May 5 and 6.

Tournament on May 4 - 5.

This is a unique event where professional anglers with boats compete with randomly drawn amateur anglers who fish from the back of their boats. Sharing the weight of the days catch means it's in the professional angler's best interest to help his co-angler catch fish. It's also a great way for a nonboater to learn from a pro and there are some big names coming to this event to include Bassmaster Classic winner Luke Clausen, well-known pro Ben Green from Tennessee, Mark Lassagne who publishes Bass Angler Magazine, and other professional anglers from several western states.

The pro angler who wins the event will take home a new Phoenix bass boat valued at \$50,000. The top co-angler will win a cash prize of up to \$5,000 based on a field of 100 boats. The maximum number of teams will be capped at 120 boats. The deadline to register for this event is April 21.

Right after this event Limit Out Marine will host a two-day Big Bass Tournament at the same location on May 6 - 7. There will be hourly pay-outs for the biggest bass weighed in each hour and the biggest bass

have been given the ability to act, think, and reason and are

responsible for the choices that

they make in this world. Since

people are sinners, they act

upon the sin in their hearts and

perpetrate evil. Throughout

history, the most grievous and

caught during the tournament will be worth \$10,000. You can register for both events www.bigbasstrail.com. at If you have questions about either tournament, you can contact Russ Baker at russ@ limitoutmarine.com.

Oh, and if you are wondering about bass fishing at Potholes Reservoir, it is very good both largemouth and for smallmouth bass. It usually takes a six to seven-pound bass to win the big bass contest in the spring before the fish spawn and teams will likely need to weigh in a five fish limit weighing at least 20 pounds a day to have any chance at winning the pro/am tournament.

As for the current fishing report? Pete Fischer at MarDon Resort says, "Largemouth bass have moved into the sand dunes and are being caught on black & blue jigs, swim jigs, chatter baits, Senkos and lipless crankbaits. Fischer suggests looking for the bass in water depths of two to ten feet.

John Kruse – www. northwesternoutdoors.comand www. america outdoors radio.com





STORAGE



A10

and read that three children and three adults were murdered by a mentally unstable individual who decided that shooting up a Christian school was better than seeking help and counseling. Yet, this is another incident of senseless violence in recent days, and they have become so prolific that it is hard to keep count.

Even though it has been a couple weeks since this happened, the political rhetoric remains unabated. Immediately after the tragedy, politicians and activists called for gun control, citing that this horror could have been avoided if we had eliminated all guns. However, guns are not the issue-people are-and guns or not, wicked people will always find ways to hurt others. After all, Cain murdered his brother with a rock; again, evil people will use whatever is at their disposal to commit evil.

people Many have approached me in the wake of this tragedy and asked me why did this happen? At the risk of

witness manifest sin as we did in Tennessee, it reminds us that all is not right in our world today. We exist in a world that is so radically affected by sin. It touches every area of our lives, and it is only by God's grace that restrains the evil of our own hearts and prevents the world from destroying itself. To put it in perspective, we would have bombed ourselves into oblivion yesterday without God actively holding back our evil inclinations.

sounding simplistic, the answer

is sin. Sin infected the shooter's

heart, distorted her reality, and

led her to pick up a weapon

and end six lives. When we

However, what about the case of the Covenant School shooting? Did God suddenly slip up and fail to hold back the shooter? How could God have allowed this to happen? If God is so sovereign, he could have prevented six people from being murdered, right?

Admittedly, questions like that are difficult to answer for any Christian. The Bible does teach that God is sovereign and that he is in control of all things. However, another truth must be held in tension, and it is man's responsibility. People

heinous acts ever committed were done by the hands of people.

Yet the question still remains, why does God allow evil to happen? God allows evil to exist so that his justice and acts of redemption can be displayed. God is not powerless over evil or oblivious to the suffering that evil causes. In fact, it is the opposite that is true. God is so aware of evil that his response to it is perfect and eternal justice. In other words, the shooter, or anyone who commits such wickedness, will not get away with it, and they will face the wrath of God in judgment. Romans 12:19, which quotes Deuteronomy 32:35, says, "Vengeance is mine I will repay, says the Lord." God has and will deal with the evil that man has caused.

Moreover, He is so aware of people's suffering that God stepped into Creation, took upon human flesh, and lived as a man in the person and work of Jesus Christ. Christ suffered due to man's sin to



What is needed now is less rhetoric from activists or politicians which will not solve anything nor bring back those who have died. Instead, the grieving needs Christ, and we must be ready to commend Him and His heart for them.

Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at pastorjohnsmithebc@gmail.com.



STUMP REMOVAL

Quick 'n Easy Residential Stump Removal



10817 North Road, Leavenworth · (509) 548-8222 Kim & Rosalie Kozelisky icensed, Bonded, Insured · Cont. #UPPERVE200PI





